CareConnect Final Project Summary

Project Overview

CareConnect is a beginner-friendly mental health support app designed for students and young adults. It helps users track their mood, write journal entries, and receive motivational messages, all without needing a login.

Problem & Research

Many students suffer from stress or anxiety but avoid mental health tools due to cost or stigma. Research from sources like the Journal of American College Health and MentalHealth.gov shows a need for simple, free mental health tools.

Software Design

Main Features:

- Mood Tracker with emoji options

- Quick Journal for daily writing

- Motivational Message of the Day

- Help Button with support resources

Design Focus: Easy to use, login-free, and privacy-focused.

Pseudocode

When app opens:

   Ask: 'How are you feeling today?'

   Save selected emoji

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If user writes journal:

Save entry

At 9 AM daily:

Send motivational message

If Help is clicked:

Show support links

Open Questions

1. How can we protect privacy without logins?

2. How do we ensure motivational messages are culturally inclusive?

Citations

- Journal of American College Health (2022). 'Mental Health in College Students.'

- MentalHealth.gov

- PCC Library: 'Tech Tools for Emotional Wellness' (2023)